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Read this newsletter in your choice of easy-to-read formats.

### FRIENDS OF THE NEEDHAM ELDERLY, INC.

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Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov](http://www.needhamma.gov)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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## TRIP Wednesday, May 15th

On May 15th we are going to the fabulous Luciano's restaurant for a lovely lunch which will be followed by a wonderful treat: The Drifters, a fabulous group presenting the jumping music of the Fifties, Sixties and on up. The Drifters perform throughout the world, so we are very fortunate to be able to enjoy their performance at Luciano's. Don't miss this opportunity to see and hear the music we grew up and thrived on not so very long ago. The cost of the trip including the luxury coach, delicious lunch of baked, stuffed chicken or baked, stuffed haddock including vegetables, dessert and coffee, together with some of the best music ever, is \$62. Call in and sign up early as reservations are filling up quickly. Call Jeanne Blakeney, 781-455-7555.

## RETIREMENT: ARE YOU READY? A LOOK AT FINANCES, BENEFITS, AND SELF-FULFILLMENT Thursday, May 1st • 4:30 – 7:45 At the Needham Public Library Registration is required and there is no fee for this program.

This seminar, presented by a panel of experts will provide the information and resources you need to assess your financial situation and to help you determine a retirement plan. The panel will include a certified financial planner, a representative from the Norwood Social Security office and a recent retiree who has found numerous ways to increase self-fulfillment in retirement. To register for this program, call the Needham Council on Aging at (781) 455-7555. **This Program is Sponsored by the Needham Council on Aging.**

## MOTHER'S DAY CELEBRATION

**Monday 12th • 1:30 pm**

At the Needham Senior Center

**Sign-up is required for this event**

Please join us for a very special afternoon in celebration of Mother's Day! While enjoying tea, small sandwiches and petit desserts you will be entertained by Gail Rice who is a former teacher and professional group speaker. Gail will provide an interesting review of a novel called, "The Snowflower and The Secret Fan" by Lisa See. This novel is a lovely, fascinating story about the lifelong friendship of two Chinese women who communicate in secret by sending stories written on fans relating their shared joys and sorrows of footbinding, arranged marriages and motherhood. When a misunderstanding arises, their deep bond is dramatically threatened! To sign up for this event call the Senior Center at 455-7555. **Please join us and don't forget to bring your favorite tea cup!**

## LECTURE "ADVANCE DIRECTIVES"

**Wednesday, May 14th • 9:15 am**

At The Needham Senior Center

David Sherman R.N., M.S.N., CCRN-CMC is a critical-care (ICU) nurse, with over 13 years experience. He is also a longtime member of the Medical Center's Ethics Advisory Committee, where he is frequently asked to consult on matters of end-of-life care. Mr. Sherman's talk will emphasize the importance for all adults with decision-making capacity, to have healthcare advance directives. He will also have materials and resources available to help people develop their advance directives





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ON AGING  
Needham

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**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

# A DEPARTMENTAL HIGHLIGHT FROM THE FRIENDS...

## TRANSPORTATION SERVICES

The Needham Council on Aging is available to assist Needham elders and their families with any of their transportation needs. Applications for the RIDE and other specialized services are available and the outreach staff will assist in completing the forms.

**“B.A.G.S. – Bringing Assistance for Grocery Shopping”** – There are three levels to this assistance program: Independent shoppers needing transportation and bundle assistance; Shoppers needing assistance inside the store; Seniors interested in home delivered groceries.

**Senior Center Transportation** – The Needham Council on Aging will provide a ride between your home and the Senior Center, using the Needham C.O.A.ch., the handicapped accessible Van, or the RIDE.

**Errands and Shopping - Courtesy Vans** – to/from anywhere in Needham: every Tuesday and Friday, provided by the Needham Community Council, 781-444-2415; **The Ride of the MBTA**, 1-888-920-7433. For assistance with applications, call the Needham Council on Aging, 781-455-7555; **Veterans' Taxi** – 781-899-6600

**Airport Vouchers** – The Needham Council on Aging offers airport vouchers for those 60 years of age and older. Vouchers for trips to and from Logan Airport are available for a set, reduced rate. Vouchers can be purchased at the Senior Center.

**Medical Appointments - The Needham Community Council** – To and from medical appointments, using volunteer drivers-781-444-2415; **Busy Bee Transportation** – From your home to the appointment and back. Donation requested – 1-800-427-0230;

**Senior Medical Escort Program – Springwell, Inc.** – From your home to the appointment and back, with volunteer drivers. Donation requested. Advance notice required – 1-617-926-4100.

## MOVIES

**Monday, May 5th • 1:00 pm**  
*Les Miserables*

**Friday, May 16th • 1:00 pm**  
*84 Charing Cross*  
with Anne Bancroft and Anthony Hopkins

**Monday, May 19th • 1:00 pm**  
*Chocolat*

**Friday, May 23rd • 1:00 pm**  
*Beautiful Mind,*

directed by Ron Howard, starring Russell  
Crowe

**Friday, May 30th • 1:00 pm**  
*Rebecca*  
directed by Alfred Hitchcock

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# DEAR FRIENDS,

The United States is on the brink of a longevity revolution. The number of Older Americans will more than double by 2030 to reach 70 million, which means that one in every five Americans will be in this category. In Needham in two years time (2010) the population of residents 60 and over will be one in four (25%). Studies show that a majority of Americans want to remain in their community throughout the continuum of aging. It seems that only a small minority actually move to warmer climates after retirement and fewer than 5% of the over 65 population reside in nursing homes.

With the above in mind, it is apparent that the challenges to aging in place should be community wide concerns since they affect residents of all ages and abilities. The Council on Aging department, that resides in the Stephen Palmer Senior Center, is the community based organization, for residents of any age, that acts as a gateway to information, services and programming that support and enable a multigenerational group (ages ranging from 60 to over 100) to maintain health, independence, and optimal level of functioning, wherever they live. Offerings are designed to help maximize quality of life, based on individual interests and needs, to include encouraging this large community resource known as our "older adults" to contribute time, talent and energy to strengthening the community through worthwhile and meaningful volunteer opportunities.

Those of us that work in this department, as well as those who visit the Stephen Palmer Senior Center, or interact with the social service staff, take for granted that everyone knows and understands who we are, what our mission is and what our purpose in the community is. I hope the above helps other residents to realize the same.

Happy spring to all,

*Jamie*

## FRIENDS DONATIONS

- |                              |                              |                         |
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|  | • Marie Levergood  |   |

## LUNCH AND LEARN TIMES TWO

**Sign-up is required**

This month we will be bringing you two new professional lectures about specific health related topics. A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter. There is no fee for this program. To sign-up call the Senior Center at (781) 455-7555.

## ISSUES OF AGING AND THE SPINE: A SURGEONS POINT OF VIEW

**May, 5th • 11 am - 12 pm and lunch to follow program**

**Sign-up is required**

Dr. Kevin J. McGuire, MD MS is the Chief of Orthopedic Spine, HMFP at the Beth Israel Deaconess Medical Center (BIDMC). Dr. McGuire will cover some of the issues that can affect an aging spine. Clinical presentation of osteoporosis and spinal stenosis will be discussed as well as treatment modalities. He will also give an overview of the new Spine Center located at BIDMC, Needham.

## BALANCE AND FALL PREVENTION SEMINAR

**Tuesday, May 27th  
10:30 am - 11:30 am and lunch to follow program**

**Sign-up is required**

Leslie Worris, MPH, RYT, has a Master's degree in Public Health. As we get older many of us encounter a change in our balance. Did you know that one third of adults 65 and older fall each year in the United States? Common comments include feeling wobbly and unsure on their feet or afraid that they may fall. Ms. Worris will talk about why balance becomes a problem and she will also provide tips and information as to how one can achieve better balance to reduce/eliminate falls.



## MONDAY'S LUNCH BUNCH

May 5

Grassfields, Waltham

May 12

Vello's, Westwood

May 19

Nicholas's, Natick

Via the Needham COA Van

Due to the increased interest in our LUNCH BUNCH program, please be sure to speak with our receptionist to SIGN UP in advance for the lunch you want to attend. Meet at the Senior Center at 11:30am. Board our Van and enjoy the ride. Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 to cover expenses will be collected on board, and then you will pay the cost of your meal. Enjoy !!

## READING COMES ALIVE

NEW LOCATION AND  
NEW TIME!

Tuesdays in

May 6, 13, 20, 27

2:30 – 4 pm

*There is no fee for this  
program.*

At Avery Crossings  
Assisted Living

Sylvia Elvin will read aloud for your enjoyment and amusement. Ms. Elvin is an actor, writer and a lay reader and intercessor at Christ Church in Needham. She reports that a new translator of the Iliad has said "Homer should only be read aloud as that was how the story was first conceived." Sylvia's strong voice and her understanding of the text will provide new perspective on the classic prose and poetry she brings to you.



## NEEDHAM SPRINGS INTO ACTION

**A Week of Walking May 11-18, 2008**

The Eat Well Be Fit Committee Needham is coordinating a walking for good health 'kick-off' week. It's called, 'Needham Springs into Action – A Week of Walking'. This week will serve as an impetus for Needham residents to start thinking about how they can incorporate walking into their daily lives. The week will consist of events sponsored by multiple groups and associations in Needham, with at least one sponsored event each day, culminating in the Relay for Life during the weekend. Sponsoring groups include Needham Park and Recreation, The Needham YMCA, The Senior Center, The Needham Trails Committee, Needham Health Department and more. A \$50.00 restaurant gift certificate will be raffled off during this week of events. For a schedule of events, check out [www.needhamma.gov/EWBF](http://www.needhamma.gov/EWBF) or stop by the Needham Senior Center to pick-up a schedule.

## THE NEEDHAM SENIOR CENTER WALKING CLUB SPRINGS INTO ACTION, WEEK LONG WALKING EVENT

**Friday, May 16th • 11:30 am**

The Senior Center invites seniors to join us for a lovely walk through Needham's Cutler Park. If you are able to walk 2-4 miles on wooded trails, and would like to participate in this wonderful event, please call Sherry Jackson at the Needham Senior Center, (781) 455-7555 ext. 205.

## FRIENDS OF NEEDHAM ELDERLY 2008 MEMBERSHIP/DONATION FORM

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Membership for 2008	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	<b>\$ _____</b>

\*Name of Deceased \_\_\_\_\_

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address \_\_\_\_\_

Please make checks payable to: FRIENDS of Needham Elderly and mail to:  
FONE, 83 Pickering Street, Needham, MA 02492 **Questions? Please send  
inquiries to [f-o-n-e@comcast.net](mailto:f-o-n-e@comcast.net).**

## WALKING CLUB AND WALKING PALS PROGRAM

**Walking Club** – If you walk 2-4 miles, a couple days a week then this walking club is for you. Our walks are designed to offer variety and you will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van.

**Walking Pals New Program** – Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule.

**Please call Sherry at the Needham Senior Center for more details at (781) 455-7555.**

## TAI CHI MODIFIED

### An 8-Week Class

**Begins May 6, 2008 • Mondays • 9:00 - 10:00 am**

At the Needham Senior Center

For the past year, Scott Brumit has taught Tai Chi at the Needham Senior Center. He has modified his approach so that the participants can either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. No experience is necessary. Wear loose, comfortable clothing. Scott has studied various forms of martial arts since 1983 including Tai Chi and GiGong. Fee for the eight-week course is \$32. J. Scott Brumit is also the founder and general director of the Longwood Opera Company based in Needham.

## RETIRED MEN'S CLUB OF NEEDHAM

**Tuesday, May 13 and May 27 • 10:00 am**

At the Presbyterian Church, 1458 Great Plain Avenue

We meet on the 2nd and 4th Tuesdays of each month.

## EYE SCREENING BY APPOINTMENT

**Tuesday, May 20th from 9:00 - 11:00 am**

At the Needham Senior Center

***Sign-up is required***

The Dedham Ophthalmic Consultants and Surgeons is providing free vision screenings at the Needham Senior Center. The screenings will include the intraocular pressure screening for glaucoma and the ophthalmoscopy screening for view of the optic nerve and retina. To sign-up please call the Needham Senior Center at (781) 455-7555.

## NEW ART COURSE

**Wednesdays • 1:00 pm, May 14, 21 & 28**

At the Needham Senior Center

***Sign-up is required***

Did you ever want to dabble in art work but never thought you could draw? We welcome you to join our art class that includes something for everyone. Depending on your preference and interest this class will include drawing and/or coloring using colored pencils, or you can try your hand at calligraphy. For the first class we will supply you with a sketch book and a set of colored pencils to keep for yourself. We thank our wonderful volunteer for giving her time to teach this class. A one time suggested donation of \$5.00 for materials is suggested. To sign-up or for more information call the Needham Senior Center at (781) 455-7555.

## IT'S FRIDAY ENTERTAINMENT LIVE TIMES TWO

***There is no fee for this  
program***

***Sign-up for these programs  
is required***

## THE NEW NEW ORLEANS JAZZ BAND

**Friday, May 2nd • 1:30 pm**

This month's entertainment is not to be missed! Last year they brought down the house with their fantastic band so if you would like to attend please R.S.V.P. by calling the Senior Center at (781) 455-7555. In advance we would like to thank the New New Orleans Jazz Band for providing this very generous in kind donation concert!

## PRESENTING STANLEY MACHT PIANIST AND HARVEY SHANE VOCALIST

**Friday, May 9th • 1:30 pm**

Please join us for an afternoon of great music, featuring the works Hoagi Carmichael. You will hear songs such as the Star Dust Lazy Bones, Up the Lazy River, Georgia on My Mind and many more. This is not to be missed!

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more info. call the Needham Senior Center at (781) 455-7555.



COUNCIL  
ON AGING  
Needham

STEPHEN PALMER  
SENIOR CENTER  
83 Pickering Street  
Needham, MA 02492  
781-455-7555

SENIOR CENTER  
DROP-IN HOURS:  
9:00 am - 4:00 pm  
Monday thru Friday

THE SENIOR  
CENTER  
NEWSLETTER  
COMPASS  
LABELING  
AND  
COLLATING  
Tuesday,  
May 20th  
9:15am

At the Needham  
Senior Center

Please join us for a  
morning of light work  
and good fun, as we get  
the newsletter ready  
for mailing!

## COMPUTER CLASS HOW TO USE EMAIL

May 5, 13, 19 • 10 am – 12pm

In this hands-on, 3 session class, our volunteer, Philip Messing, will instruct you how to utilize the capabilities of electronic mail (email)! To register for the class call the COA at 455-7555.

## COMPUTER LESSONS

Would you like to learn about computers in a one-on-one session with an instructor? Lessons are held on Thursdays and Fridays from 12-3 pm (by appointment). There is no fee for this class. To make a 45 minute appointment call the COA at 455-7555.

## ASK THE EXPERTS, A CAREGIVER COACHING SERVICE

Wednesday, May 28th  
3:00 – 4:00 pm

At the Needham Senior Center Are you caring for a person who has Alzheimer's disease or another kind of dementia? There are common situations or behaviors that arise when caring for someone with this kind of illness. If you are feeling frustrated or would just like some tips, help is on the way. You will receive practical tips to help address behavior problems and communication between you and the person for whom you are caring.

## AFTERNOON CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center  
This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208.

## SENATOR SCOTT BROWN'S AIDE

Tuesday, May 27th at 10:15

Senator Scott Brown or a member from his staff will be available to hear your concerns and answer any questions about State Government you may have.

## NEW GOOD OLD DAYS GROUP

Mondays • 2:00 pm

At Avery Crossings Assisted Living  
110 West Street

Every Monday afternoon the group gets together to discuss (not surprisingly) the good old days with the main (but not sole) focus on sports. There are no attendance requirements, so join in as you like. This is an interesting and enjoyable way to spend part of your Monday afternoon!

## VOLUNTEERS SOUGHT

If you are looking for a new opportunity or to return to something you had once done, please contact Penny at 781-455-7555 x 204. We are maintaining a substitute list of persons interested in volunteering at our front desk to assist the staff by answering the switchboard and greeting visitors to the senior center. These volunteers are the life blood of the center on a daily basis. We gratefully accept a daily donation of pastries from Starbucks located on Highland Ave. Every weekday morning between 9:15am and 9:30am a pastry prepare unwraps, slices, and sets out one or two trays. If you would like to meet lots of people, ride the van, and help carry groceries for your neighbors, we have the volunteer job for you. The B.A.G.S. and Friendly Visitor programs are always a great way to get to know another person by providing them with an essential service.

## MAY, KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

May 7th • 10:30-12:00 pm

Seabed's Way Community Room (BOH)

May 7th and 21st • 9am-12pm

Senior Center

May 28th • 10:30 am to 12:00 pm

Linden & Chambers Community Room (BOH)

Briarwood Healthcare  
Featured on  
WGBH This Spring!  
Lights, Camera, Action!

Watch for WGBH's NOVA scienceNow Documentary this spring featuring Briarwood Healthcare's Eden environment and innovative dementia programming. Call 1-781-449-4040 for more information, scheduling and tours.

[www.briarwoodrehab.com](http://www.briarwoodrehab.com)



RESIDENTIAL BROKERAGE

Linda Shaughnessy, ABR, CRS, SRES  
Seniors Real Estate Specialist®

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*Put my experience to work for you.*



# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR OF PROGRAMS AND EVENTS</b>  Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.needhamma.gov  <b>Offsite Locations of Programs</b> #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street  <b>Please Note: Items in bold indicate that sign-up is required.</b>			<b>1</b>  <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Macaroni Stew or Ham and Cheese Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>4:30 Are You Ready For Retirement #2</b>	<b>2</b>  9:00 Bridge – Men 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club – Great Meadows</b> <b>11:45 Lunch:</b> Stuffed Salmon or Egg Salad Sandwich <b>12:00 Computer Lessons</b> <b>1:30 Entertainment with the New Orleans Jazz Band</b>  <i>No Board Games Today</i>
<b>5</b>  9:00 Bridge – Men 9:00 Tai Chi Class 10:00 Computer Class – Email <b>11:00 Lunch and Learn: Issues of Aging, A Surgeon's Point of View</b> <b>11:30 Monday's Lunch Bunch – Grassfields</b> <b>11:45 Lunch:</b> Chicken Fajita or Roast Beef and Cheese Sandwich 1:00 Movie: Les Miserables	<b>6</b>  9:00 Spanish 9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 10:30 Current Events <b>11:45 Lunch:</b> Roast Turkey Dinner or Tuna Salad on Mixed Greens <b>12:30 Healthy Living</b> 12:30 Ping Pong 1:30 Cribbage – Women 2:30 Reading Comes Alive #3	<b>7</b>  9:00 Bridge – Men 9:00 Exercise 9:00 Keep Well Clinic 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Fish Florentine or Chef Salad 12:00 Weight Watchers 2:30 Better Balance	<b>8</b>  <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Cheese Lasagna or Chicken Patty on a Roll <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 7:15 COA Board Meeting	<b>9</b>  9:00 Bridge – Men 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club – B.C. Reservoir</b> <b>11:45 Mother's Day Special Brunch:</b> Cheese Omelet, home fries, French toast and cinnamon coffee cake <b>12:00 Computer Lessons</b> <b>1:30 Entertainment Live with Stanley Macht</b>  <i>No Board Games Today</i>
<b>12</b>  9:00 Bridge – Men 9:00 Tai Chi Class <b>11:30 Monday's Lunch Bunch – Vello's</b> <b>11:45 Lunch:</b> Fish Sandwich or Turkey and Cheese Sandwich <b>1:30 Mother's Day Celebration</b>	<b>13</b>  9:00 Spanish 9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 10:00 Computer Class – Email 10:30 Creative Writing Group <b>11:45 Lunch:</b> Chicken Parmesan or Seafood Salad on Lettuce <b>12:30 Healthy Living</b> 12:30 Ping Pong 1:30 Cribbage – Women 2:30 Reading Comes Alive #3	<b>14</b>  9:00 Bridge – Men 9:15 Lecture "Advance Directives" 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Meatloaf or Egg Salad Sandwich 12:00 Weight Watchers 1:00 Art Class 2:30 Better Balance	<b>15</b>  <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Baked Sliced Ham or Roast Beef and Cheese Sandwich <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>16</b>  9:00 Bridge – Men 9:15 Quilting 10:00 Low Vision <b>11:00 Walking Club – Cutler Park</b> <b>11:45 Lunch:</b> American Chop Suey or Chicken Salad Sandwich <b>12:00 Computer Lessons</b> 1:00 Board Games 1:00 Movie: 84 Charing Cross
<b>19</b>  9:00 Bridge – Men 9:00 Computer Lab 9:00 Pool Tournament Part I 9:00 Tai Chi Class 10:00 Computer Class – Email <b>11:30 Monday's Lunch Bunch – Nicholas's</b> <b>11:45 Lunch:</b> Beef Stew or Ham and Cheese Sandwich 1:30 Movie: Chocolat	<b>20</b>  9:00 Spanish 9:00 Bridge – Men 9:00 Eye Screening 9:15 Bridge – Women 9:15 Compass Collating 10:30 Current Events <b>11:45 Lunch:</b> Stuffed Shells or Chef Salad <b>12:30 Healthy Living</b> 12:30 Ping Pong 1:30 Cribbage – Women 2:30 Reading Comes Alive #3 3:00 Meet the Author: Tim Kenslea	<b>21</b>  9:00 Bridge – Men 9:00 Keep Well Clinic 9:00 Pool Tournament Part 2 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Chicken and Broccoli Penne or Roast Beef and Cheese Sandwich 12:00 Weight Watchers 1:00 Art Class 2:30 Better Balance	<b>22</b>  <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Hot Dog or California Chicken Salad <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>23</b>  9:00 Bridge – Men 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club – Mt. Auburn Cemetery</b> <b>11:45 Lunch:</b> Baked fish or Turkey Salad Sandwich <b>12:00 Computer Lessons</b> 1:00 Movie: Beautiful Mind
<b>26</b>  <b>SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>27</b>  9:00 Spanish 9:00 Bridge – Men 9:15 Bridge – Women 9:15 Yoga 10:30 Creative Writing Group <b>10:30 Lunch and Learn:</b> Balance and Fall Prevention <b>11:45 Lunch:</b> Chicken Kielbasa or Tuna Salad on Mixed Greens <b>12:30 Healthy Living</b> 12:30 Ping Pong 1:30 Cribbage – Women 2:30 Reading Comes Alive #3	<b>28</b>  9:00 Bridge – Men 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Broccoli Cheese Fish or Turkey and Cheese Sandwich 12:00 Weight Watchers 1:00 Art Class 2:30 Better Balance 3:00 Ask the Experts	<b>29</b>  <b>10:00 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Sweet and Sour Chicken or California Chicken Salad <b>12:00 Computer Lessons</b> 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men	<b>30</b>  9:00 Bridge – Men 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club – Ridge Hill</b> <b>11:45 Lunch:</b> Swedish Meatballs or Chicken Patty on a Roll <b>12:00 Computer Lessons</b> 1:00 Movie: Rebecca